

JAMES
SEWELL
BALLET

EDUCATION & OUTREACH GUIDE



James Sewell Ballet
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Introduction

Dear Presenter and/or Education Coordinator,

Thank you for your interest in James Sewell Ballet. In addition to creating and performing contemporary dance that is redefining perceptions of ballet, we aim to impact communities in other interactive ways that promote personal wellbeing, kinetic understanding, and investment in how our artform can impact lives.

This Education & Outreach Guide is designed to help you choose meaningful programming based on our previous successes. Please initiate a discussion with us if you have an idea in mind not expressly detailed here—we are always eager and open to working directly with you to develop an experience best suited for your community!

We look forward to working with you on organizing a great and unforgettable experience. If you have any questions, please don't hesitate to contact me.

Thanks for your consideration,

Eve Schulte

Executive Director

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WHO WE SERVE

- Dancers & non-dancers, all ages & abilities
- Elementary thru High School students & educators
- College & University students, staff & faculty
- Corporations and Government entities
- Performing Arts Venues
- Service Organizations



MENU OF ACTIVITIES

Please reach out if you have questions or specific requests. We are always happy to work with our partners to identify and deliver programming that is right for your community.

IN-SCHOOL OR -THEATER ACTIVITIES

We bring high-caliber dance professionals to your students with programming that blends education, active participation, and performance.

SmARTS (45-60 min)

K-12 Any Age Technique Specific No Dance Experience Necessary Performance

is an interactive lecture-demonstration performance designed to introduce students to basic ballet concepts and make ballet less intimidating and more enjoyable. The performance will include excerpts from the company's current repertoire, and a question-and-answer session at the end. Curriculum correlations include Music, Fine Arts, English, Physical Education, and Math; available K-12.

We offer a packet of information about the company, the upcoming program, and about ballet and dance in general so that you may share it with your students before and after the performance. The exercises included have been designed with a very general audience in mind (e.g. students with little or no previous ballet or other dance experience) to provide structures for experiencing some of the basic skills dancers and choreographers use every day. Other teaching tools available include a sample videos of the company's repertoire and our web site at www.jsballet.org.

Classroom Visits (30-45 min)

K-12 Any Age Technique Specific No Dance Experience Necessary Performance

provide opportunities to meet our dance artists and learn about dance, in a program tailored specifically to the students' interests. Topics discussed can include any listed under **Discussions** or one we devise together. Visits last approximately 30 minutes and can include a video presentation, a movement activity and a Question and Answer session.

First Chance Dance (60 min)

K-12 Seniors Any Age Technique Specific No Dance Experience Necessary Performance

is geared toward first-time audiences of all ages, including infants. This performance of excerpts from the company's regular season repertoire will have no intermission. House lights will remain partially-lit so that audience members may come and go as needed. Join the dancers in the lobby afterward to admire the costumes and shoes up close, and learn more about the program directly from the dancers.

Additionally, **all of the following Classes, Workshops, and Discussions** are wonderful options for in-school or theater experiences!

CLASSES & WORKSHOPS

Move with us! We visit your local dance studio or community center.

Coordi (30-60 min)

K-12 Seniors Any Age No Dance Experience Necessary

engages participants in physical brain teasers that promote balance, coordination, and mindfulness. This class is a workout for brain, body, and spirit! JSB has led this workshop in senior homes and community centers—it is truly adaptable for all ages and abilities. Best for groups of a similar age/ability, or families.

Dance Technique Classes (60-120 min)

K-12 Seniors Any Age Technique Specific

bring our company artists' expertise to you and your students. We are currently able to provide technique classes in:

Ballet

Modern

Yoga

Contemporary Ballet

Barre Fusion

Pilates/Conditioning

Repertoire Workshops (30-60 min)

K-12 Any Age Technique Specific

give participants the opportunity to learn and practice select works from the JSB repertoire. We work with you to identify piece(s) most appropriate for your dance group. Often works best in combination with a Dance Technique Class (above). Maximum 20 participants per class, focused toward those with some dance, athletic, or movement background.

Creative Movement Workshops (45-90 min)

K-12 Seniors Any Age No Dance Experience Necessary

engage students in the opportunity to explore their own movement vocabulary, identify and act on creative impulses, build confidence, practice cooperation, and develop appreciation of each other's unique expression. Maximum 20 participants per class.

Improvisation Workshops (45-90 min)

K-12 Adult Technique Specific

incorporate creative movement techniques with impulse training and reaction. Create and craft in the moment! Maximum 20 participants per class, focused toward those with some dance, athletic, or movement background.

DISCUSSIONS

Engage your community members in dialogues. Topics can include, but are not limited to:

Daily Life of a Professional Dancer – The dancers of today are not the dancers of last century.

Choreography – How does a ballet take shape? We discuss the entire process, from the initial spark of an idea all the way to completed production. Includes viewing of work samples from specific ballets in the company's repertoire.

Wellness & Injury Prevention – Learn techniques and responses for injury or eating disorder prevention, identification, and mending.

Resilience – How do we tend or rejuvenate our artistic visions / our wellness / our routines? How do we remain connected to our communities?

Processing Grief – Discussion includes viewing of Sewell work "Suspended Breath," a piece that contemplates euthanasia and many forms of grief processing. Designed for participants aged 18+.

RESIDENCIES

Taking place over a span of time, residencies allow us to foster a deeper impact and more fulfilled exchange in your community.

Choreographic Residency (5-14 Days)

JSB's Artistic Director or Artistic Liaison will either 1) choreograph a new work that can be presented after the creative process takes place; or 2) set a piece of JSB repertoire that can be presented after the restaging process takes place. We ask for a minimum of 5 days for the work to be set, depending on the work selected and not including travel days. The size of the cast will need to be agreed upon with the Artistic Director ahead of the residency.

Performance Residency (1-3 Days)

Book us for a full public performance, and design community engagement around that particular performance! Can include any of the previously mentioned **Menu of Activities** items, and we will work with you to customize offers within the context of the public performance to provide a deeply integrated slate of experiences.

REQUIREMENTS

Please review these requirements and feel free to contact us with any questions.

- Class/studio space must be completely clear and clean upon arrival of JSB artists.
- Many physical moves will not be able to take place on concrete flooring, or wood floor laid directly over concrete. Let's talk about adjustments or alternate spaces.
- Space must be large enough for the determined amount of people to move around.
- Sound system should be set up to support playing music from a laptop or iPhone.
- We expect the presenter and/or education coordinator to collect health & safety releases from the participants, for both virtual and in-person options.
- Virtual/remote opportunities work best with a hardwire ethernet connection (rather than wifi).

PLANNING & SCHEDULING

Here are the most common considerations to keep in mind.

- Activities on Travel Days may be limited or not possible, depending on distance/time travelled.
General rule of thumb:
 - Less than 2 hours travel time from Minneapolis, MN = one full company activity is possible, or multiple activities led by individual/duo artists.
 - 2-3 hours travel time from Minneapolis, MN = one activity led by an individual or duo may be possible, pending weather/time of day.
 - More than 3 hours travel time from Minneapolis, MN = no activities possible.
- Activities on Performance Days (full public performances) will be limited to one or none, depending on tech schedule.

Let's make something happen!

Eve Schulte, Executive Director

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